

## **Tips for School Nurses Obtaining COVID-19 BinaxNOW Specimens for Students/Staff**

### **Ways to Position Child/Student/Staff**

- BinaxNOW Anterior Nares specimen collection may be obtained in a vehicle or in a school nurse's office setting.
- If the child is seated in a car seat it may be helpful for them to remain there for positioning. Let the child know that they will be asked to rest their head back onto the seat or a caregiver. You may swab if the child is front facing; however, they should not be looking downward.
- A child can be held, seated on the lap or next to a caregiver.
- Students over the age of 12 and staff may self-swab under school nurse direction.

### **Putting student/staff at ease for testing**

- Explain that the student/staff will keep their masks on until it is time to obtain the specimen.
- Provide reassurance that you are going to help them through the process. Validation of any worries or concerns they may have is very important (AAP,2019).
- Talk with the student/staff that the most important thing for getting the test done quickly is that they remain still.
- Explain that most people experience either a slight itch or a tickle during the test. They may cough, sneeze, or have their eyes water. These are natural reactions and will disappear.
- Prior to the procedure, tell the student/staff what you need to do in simple terms and answer any questions. Show the student/staff the supplies you will be using to obtain the specimen. Explain that you will be inserting the swab only a ½ inch to an inch and NOT way back.
- Provide the student/staff with a tissue for the nose to use after. Do not wipe the nose before the test to allow for the most available secretions.
- Explain that any nasal piercings should be removed prior to the procedure.
- Observe for obstruction and inquire if there is a history of recent injury or nasal surgery. If noted, consult the student's PCP, for further instruction. (McFee, 2020). Staff members must contact their own PCP.
- Distraction during testing works well for students and adults.

**Testing Procedures on page 2.**

## Testing Procedures

- Perform hand hygiene. If the caregiver is assisting or an older child is self-swabbing, assure they have performed hand hygiene.
- Tester must wear PPE (gloves, gown, mask or respirator and eye protection or face shield).
- Take the student/staff's temperature, using a non-contact thermometer and complete any COVID-19 screening questions, you may be required to ask, at this time. Assure that all supplies are ready and those to be used are labeled correctly, with the client's pertinent information, before the procedure begins.
- Assure that all supplies are ready and those to be used are labeled correctly with the students/staff pertinent information before the procedure begins. If the student is over the age of 12, the student may choose to self-swab under the school nurse's direct supervision. Should this occur, be sure to explain each step and cue them during the process after handing them the opened swab. It is helpful to count aloud for the duration of the swabbing in each nostril, to assure adequate specimen collection. Ask them to hand you the swab after they obtain the specimen. The swab is then placed in the card. If they are unable to obtain an adequate specimen explain that you will have to re-swab. If self-swabbing is done, (under clinician supervision), be sure to note it. (Esposito, 2010).
- When testing have the student sit in a chair and ask the student to rest their head against a firm surface. (i.e. wall)
- Remove swab from the packaging, assuring it has no contact with any surface before gently inserting the swab into the nostril:
  - For students under 5 insert the swab approximately 1 cm for an **anterior-nares** specimen just inside the lower aspect of the inner nostril
  - For students older than age 5 and adults insert the swab approximately 1/2 -3/4 inch, or when resistance is first felt by the nasal-turbinate, for a **mid-turbinate** specimen. This is generally just at or above the top of the curve of the nostril (Simon, 2020).
- If the student is unable to remain still or refuses the test. STOP. You may re-visit the attempt if they are able to cooperate AND the parent requests. If resistance continues, STOP. Refer to PCP.
- Rotate the swab 5 times. Using the same swab repeat the process for the other nostril.
- Place specimen into the card of the BinaxNOW test kit as directed. Follow the directions on the card to complete the test (6 drops of reagent solution onto the test card after inserting the swab).
- Explain to the Student/Staff the results will take 15 minutes.
- Document as directed.

## Resources

- <https://www.globalpointofcare.abbott/en/support/product-installation-training/navica-brand/navica-binaxnow-ag-training.html>
- BINAX NOW Instructions: <https://www.fda.gov/media/141570/download> copy and paste url into a word document
- Clinician Anterior Nares Fact Sheet <https://www.cdc.gov/coronavirus/2019-ncov/downloads/OASH-nasal-specimen-collection-fact-sheet.pdf>
- Self-Swab Anterior Nares <https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/COVID-19-anterior-self-swab-testing-center.pdf>
- Video on supporting children through COVID-19 Test
  - <https://www.youtube.com/watch?v=mCIDZ9DsaKU>

## References

- American Academy of Pediatrics Testing Guidance <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-testing-guidance/>
  - [Nasal \(Anterior Nasal\) Specimen Collection for SARS-CoV-2 Diagnostic Testing pdf icon\[1 page\]](#)
  - [Guidance – Proposed Use of Point-of-Care \(POC\) Testing Platforms for SARS-CoV-2 \(COVID-19\) pdf icon\[2 pages\]](#)
  - Simon, F. (2020). How to perform a nasopharyngeal swab in adults and children in the COVID-19 era. European annals of otorhinolaryngology, head and neck diseases, 137(4), 325–327. <https://doi.org/10.1016/j.anorl.2020.06.001>
  - Esposito, S. (2010). Collection by trained pediatricians or parents of mid-turbinate nasal flocked swabs for the detection of influenza viruses in childhood. Virology journal, 7, 85. <https://doi.org/10.1186/1743-422X-7-85>
  - McFee R. B. (2020). COVID-19 Testing. Disease-a-Month, 101059. Advance online publication. <https://doi.org/10.1016/j.disamonth.2020.101059>
- Clinician Mid-Turbinate Swab Instructional Video <https://www.rush.edu/sites/default/files/coronavirus-swab-differences.pdf>